

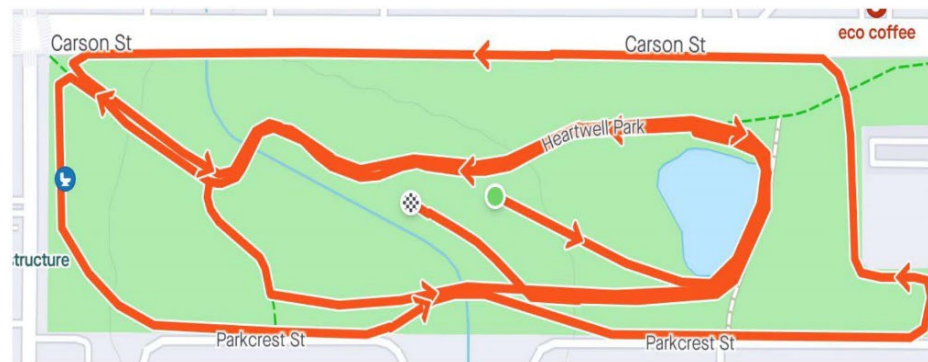


South Coast Conference Cross Country Preview

Friday, August 30th, 2024

- Location:** Heartwell Park, 5801 Parkcrest Street, Long Beach, CA 90808
- Race Times:** Women's 5k: 10:00am
Men's 4-mile: 10:45am
- Entries:** Entries processed through directathletics.com.
Entry deadline is Tuesday 8/27/24 at 11:59pm.
- Timing:** **Finished Results Professional Timing** - *FinishLynx* photo finish camera and *IdentiLynx* full frame video system used for front and side image displays of all competitors crossing the finish line.
- Live Results:** Finished Results Live App includes place, name and time shown for top athletes in each race. Dynamic Team Scores shown.
- Bibs & Shoe Tags:** Team Packets will contain team/athlete rosters, UHF bib tags, along with Bib/chip instructions provided at check-in.
- Restrooms:** Restrooms will be available near the intersection of Clark and Carson Street.
- Athletic Trainers:** Located near the finish line. Teams/athletes need to provide their own medical supplies, pre-wrap/tape.
- Finish Line:** Please make sure your athletes are aware that they must move through the finish. We want to clear the area as runners are crossing the finish line.
- Course:** The Women's 5k and Men's 4-mile course is mostly flat with grass and pavement. The course will be well marked with mile display marks throughout the race.
- Questions:** Contact: Marcus Carroll, Director of Cross Country/Track & Field
email: mcarroll@lbcc.edu, office: 562.938.4741, cell: 619.309.8094

LBCCXC Women's Course 3.1 miles
<https://www.strava.com/routes/3242176972088024020>



LBCCXC Men's Course 4.0 miles
<https://www.strava.com/routes/3242182649966940116>

